



Name Game

How do we play?

Need a quick, fun activity to get the whole family moving? Play the physical activity name game!

Each member of the family can take turns spelling out his/her name and doing the exercises listed for each letter. Beginners can start with just the first name, and work towards doing the middle and last names too!

To keep the fun going, try spelling out the names of pets, other family, and objects around the house. Try to spell words with as many letters as possible.

- A:** 15 second plank
- B:** 20 high knees
- C:** 20 butt kicks
- D:** 10 squats
- E:** 10 hip bridges
- F:** 5 frog jumps
- G:** 20 second skipping
- H:** 15 second each side plank
- I:** 10 lunges
- J:** 15 reverse crunches
- K:** 10 flutterkicks
- L:** 15 jumping jacks
- M:** 10 bicycle crunches
- N:** 10 plank shoulder taps
- O:** 15 second superman
- P:** 5 squat jumps
- Q:** 10 second reverse plank
- R:** 5 push-ups
- S:** 20 second bear crawl
- T:** 15 toe touches
- U:** 20 mountain climbers
- V:** 5 inch worm
- W:** 10 second hop on each foot
- X:** 10 second zombie walk
- Y:** 5 burpees
- Z:** 10 second crab walk